

# Pedometer Challenge

## Mission update: week 4

MISSION VERY  
POSSIBLE!

**CONFIDENTIAL**

### Agents

You are all first-class operatives! Thanks so much for taking part in the Pedometer Challenge. Today's the last day and the prize winners will be announced [on the intranet/ notice board/bulletin] [at celebration event] on [date].

But don't forget everyone has won just by taking part. Walking is one of the best ways to exercise and you should make it part of your everyday life from now on. Don't just take it from us:

'If a medication existed which had a similar effect to physical activity, it would be regarded as a "wonder drug" or a "miracle cure"' (Donaldson 2010)

'Walking is the nearest activity to perfect exercise.' (Morris and Hardman 1997)

Wise words.

Keep walking, keep healthy and have fun!

Thanks again – and well done

PS: If you have any questions about the Pedometer Challenge, please contact



HEALTH  
AT WORK

